

CHAD MASSIE

TEAM SPORTS/FRESHMAN I WEEKLY LESSON PLAN

UNIT Softball

**TOPIC Introduction**

Objectives: Students will learn safety, rules, and techniques for batting

Activities: Students will learn the proper stance, stride, and what pitches to swing at for batting. Four people in a group- one pitcher, one batter, and two fielders for batting practice.

Materials: Bats, gloves, softballs

Checks for understanding:  
Questioning and observations

**TOPIC Base running, throwing, catching**

Objectives: Students will work on base running, the purpose of catching with two hands, proper throwing motion.

Activities: Catch and throw with a partner, throwing and running the base relay

Materials: Softballs, bats, gloves, bases

Checks for understanding:  
Questioning and observations

## **TOPIC Throwing, Catching, Batting and Team Play**

### Objectives:

Students will learn throwing, catching and batting skills

Students will learn team play

### Activities:

Demonstrate throwing, catching and batting

Students will work in groups of six on throwing, catching and batting

### Materials:

Softballs

Bats

Gloves

### Checks for understanding:

Question and observe students\

## **TOPIC Playing work up**

Objectives: Students will learn how to play the game work up when there isn't enough players to make two teams.

Activities: To start the game there are three or four players that bat and everyone else is in a position in the field. The batters continue to bat until one of them gets out. That player then goes to right field and everyone else moves forward to another position. This continues so that each player can play different positions and when they are catcher the next position is batter.

Materials: Balls, bats, gloves.

### Checks for understanding:

Questioning and observations

## **TOPIC   Playing the Game**

Objectives: Playing the real thing.

Activities: Each day the students will make teams different ways so that they are always somewhat different. Rules will be three outs per inning, batting order stays the same, batters cannot walk but can strike out.

Materials: Bats, balls, gloves

Checks for understanding:  
Questioning and observations

Standards attained: A12.1, B12.1, D12.1-4, F12.1-7, G12.1-5